

**Ottawa County Department of Public Health
Family Planning Program**

INTRAUTERINE DEVICE (IUD) PATIENT INFORMATION

GENERAL CONSIDERATIONS ABOUT IUD USE

Two types of IUDs available at OCHD:

	MIRENA®	PARAGARD®
Contains hormones?	Yes	No
Typical cycle changes	Random spotting to no menses	Heavier, more crampy menses
Approved length of use	5 years	10 years
Becomes effective	7 days after insertion	Immediately
Ability to conceive after removal	May take 1-6 months for cycle to return	Immediately

- Not recommended for short-term use
- In general, insertion may be more uncomfortable if you have never been pregnant
- Insertion and removal procedures are similar between the two types
- Neither one protects against Sexually Transmitted Infections (STIs) including HIV
- Higher risk for Pelvic Inflammatory Disease (PID) with both if exposed to an STI
- Risk of perforation, embedment, or loss of strings into uterus is similar with both
- Both work by preventing fertilization
- Risks similar if pregnancy occurs with an IUD in place: ectopic pregnancy, preterm labor, need for IUD removal

BEFORE YOUR IUD IS INSERTED

- **It is very important that you read the manufacturer’s pamphlet or view their information on-line. The information includes the risks and benefits of the IUD you are considering.**
- Complete our IUD screening form; includes STI risk assessment (possible Chlamydia testing)
- Ask questions
- No unprotected intercourse from your last menstrual period to insertion - you will need to reschedule your appointment if there’s any chance you’re currently pregnant
- Approximately 30 minutes before your appointment, take an over-the-counter analgesic product like ibuprofen (Motrin), naproxen (Aleve), or acetaminophen (Tylenol) according to bottle directions
- Consider bringing along a driver to your appointment
- Consider off work same day as insertion
- If you are having a heavy period on the day of your appointment, call to reschedule

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AFTER YOUR IUD IS INSERTED

Possible common symptoms

- Bright red spotting today and maybe tomorrow
- Intermittent darker red/brown spotting first 1 -3 months (Mirena)
- Period-like cramping over the next few days, better each day

General instructions

- Over-the-counter analgesic products like ibuprofen (Motrin), naproxen (Aleve), or acetaminophen (Tylenol) can be taken for cramping as needed as per product instructions
- No douching, intercourse, or tampon use for the next 48 hours
- Check for the strings in the vaginal canal once a month (after menses)
- The Paragard IUD is effective immediately against pregnancy
- The Mirena IUD is effective after one week from insertion – either use back-up contraception like condoms or continue current hormonal method at least one week

Danger signals (call OCDPH @ 616/396-5266 or go to the Emergency Department)

- Heavy bleeding requiring pad change every hour
- Dizziness
- Shortness of breath
- Fever
- Intensifying pelvic pain

Appointments

- Optional recheck appointment available (typically after at least one period)
- Call anytime you want to have strings checked if you are unable to find them and use back-up contraception like condoms until your appointment
- Call if you have questions
- Call if you have symptoms of pregnancy, persistent bleeding, or vaginal infection
- Plan on your regular annual exam

Just for your information...when it comes time to remove the IUD

- Removal is usually quick and easy
- To decrease the chance of pregnancy, no unprotected intercourse within 5 days prior to removal (use condoms)
- Pregnancy protection disappears almost immediately following IUD removal